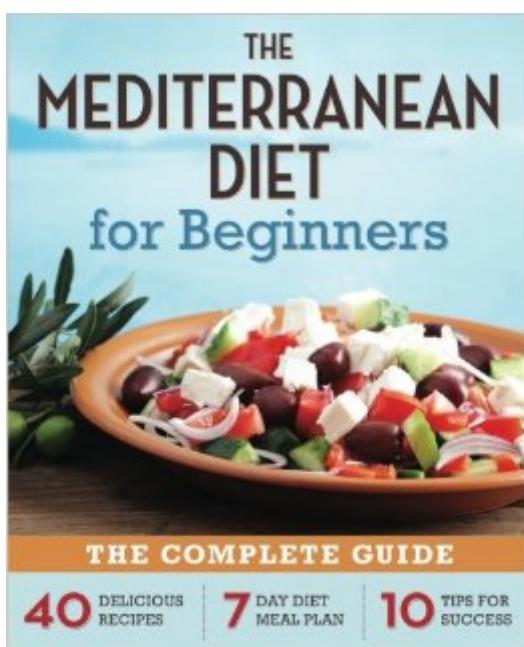


The book was found

Mediterranean Diet For Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, And 10 Tips For Success



Synopsis

NEW YORK TIMES BESTSELLER Does your diet leave you feeling restricted and confined? Escape to the healthful and carefree Mediterranean lifestyle. *Â The Mediterranean Diet for Beginners* offers a complete guide to the Mediterranean lifestyle, which emphasizes healthful living through delicious, fresh foods prepared with total well-being in mind. *Â The Mediterranean Diet for Beginners* is the complete guide to a new way of living: *Â Wake up on the Spanish coast with a Mediterranean Omelet, or take a trip to Tuscany for lunch with a Fresh Tomato Pasta Bowl--40 delicious recipes will whisk your palate away.* *Â The 10 Tips for Success* ease your transition to a Mediterranean diet by presenting simple, attainable techniques that help you learn how to eat as much as what to eat. *Â The 7-Day Diet Meal Plan* is about enjoying food, not depriving yourself. Planning a week's worth of meals is easy with not only helpful hints for buying the freshest ingredients to prepare at home but also tips for ordering Mediterranean-diet-friendly dishes while dining out. *Â The Mediterranean Diet for Beginners* also helps you understand why the Mediterranean diet is so good for you. Its nutritious, low-fat foods are rich in disease-fighting, heart-healthful antioxidants and omega-3s. *Â The Mayo Clinic* calls the Mediterranean diet the "heart-healthy diet," and it's considered among the healthiest ways to eat on the planet. Through the 10 Tips for Success, a 7-Day Diet Meal Plan, and 40 delicious recipes, *The Mediterranean Diet for Beginners* takes you step-by-step into this transformative way of eating and living. *Â Start living the Mediterranean lifestyle today with *The Mediterranean Diet for Beginners: The Complete Guide--40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success.**

Book Information

Paperback: 73 pages

Publisher: Rockridge Press (April 5, 2013)

Language: English

ISBN-10: 1623151252

ISBN-13: 978-1623151256

Product Dimensions: 7.5 x 0.2 x 9.2 inches

Shipping Weight: 7.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars *Â See all reviews* (465 customer reviews)

Best Sellers Rank: #1,583 in Books (See Top 100 in Books) #2 in *Â Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean* #13 in *Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss* #31 in *Â Books > Health, Fitness & Dieting > Diets & Weight*

Customer Reviews

Our heart doctor recommended this type of cooking and this book gives easy recipes and the food is good. We looked at other books with weird ingredients and passed them by. This one is a keeper!

In "The Mediterranean Diet for Beginners" you'll find that exact combination - an easy to follow, no nonsense approach to more healthy eating emphasizing lean meats, lots of fresh fruits and vegetables and little to no processed food along with a lot of references to primary research resources demonstrating the value of this diet. While the obvious chapters organize the book - breakfast, lunch, dinner etc - it also provides some sample daily menu plans, and includes links to those recipes later in the book. In that way, the book allows you a couple different ways to get started along with lots of different combinations and suggestions. The recipes have few ingredients that don't require a lot of shopping or buying ingredients you'll never use again, and are easy to follow regardless of your cooking skills.

"The Mediterranean Diet for Beginners" was a helpful, fun, enticing and informative book. This is no ordinary cookbook, folks. Aside from being chocked full of delicious recipes for any time of day, the book began by explaining the importance, and incredible benefits, of the Mediterranean diet. It really helped me to learn simple, easy ways that I can eat delicious food in a healthier way by making simple substitutions, such as swapping out loads of butter for flavorful olive oil. I also had no idea that you could make your breads and pastas so much more nutritious simply by switching to whole grains and whole wheat flour. I really liked how most of the recipes explained how you could make unique meals out of the leftovers. My favorite recipe was the herb-roasted chicken. It sounds so flavorful with the fresh thyme, rosemary and bay leaf. My mouth was watering just reading it! I will definitely be making that this week. From weight loss help to 10 tips for success to delicious recipes, this book is a MUST read.

There is nothing more satisfying than being able to eat what you want and lose weight and feel healthy while you're doing it--this is the genius of the Mediterranean Diet, as detailed in The Mediterranean Diet for Beginners. Offering the science behind the diet, advice on eating, dozens of recipes, and a 7-day sample meal plan, this book is the perfect aid for those interested in trying out a less restricted, healthy eating plan. The best thing about The Mediterranean Diet for Beginners is

that it offers realistic, health-conscious advice, like foregoing the cold-turkey approach many diet regimens adopt, and advocating using The Mediterranean Diet for a lifestyle change rather than a temporary weight-loss plan. A truly helpful and informative guide.

Watch these recipes for errors: Wrong baking times and temps, missing or ill placed instructional steps, and incompetent guidelines. Obviously the authors did not test these recipes as they do not turn out as planned.

This book, the Mediterranean Diet for Beginners, is intriguing to read because it provides a lot of history about the Mediterranean way of eating. Before reading this book, I thought that this was just another fad diet that would work for me for a week or two. I heard about the book and decided to give dieting another try before swimsuit season. To my surprise, this is not a fad diet at all! The Mediterranean Diet has been a way of life for many people throughout the world for a long, long time. The book discusses the history, health benefits, and simple common sense about food. The only negative I found with this book, which I find with quite a few diet and recipe books, is that *fresh* foods are not as easily found in the Midwest. By *fresh*, we mean it was fresh a week ago in Florida and just arrived here yesterday. But this problem is not the book's fault. I have tried a few of the recipes, such as the roasted honey-cinnamon apples which were awesome! I have also bookmarked quite a few more to try this later this spring or summer.

After reading The Mediterranean Diet for Beginners: The Complete Guide by Rockridge Press, I felt very excited about this new way of eating. There is a great amount of data presented from reputable health organizations about all of the wonderful health benefits of this diet. Aside from losing weight, this diet has been shown to have a positive effect on coronary health, stroke risk, and diabetes. What's more is that studies show that this diet prevents some types of cancer, improves bone health, reduces the risk of cardiovascular disease, and metabolic syndrome. But what is great about eating the Mediterranean diet is that it doesn't even sound like a diet! This book presents this diet as more of a life-style change than a diet. With all of the scrumptious recipes at the end of the book, I was ready to start eating! It sounds like a fun and delicious way to improve health. It's simply about eliminating the unhealthy foods with scrumptious fresh, whole foods. An occasional treat and daily glass of wine are also admitted! There is no calorie counting, food weighing, nor strenuous exercise, just preparing healthy meals and creating an atmosphere of joy with friends and family!

I was doing the Paleo Eating Lifestyle, but I missed some of my favorite foods, like cheese and fruit, so I decided to try the Mediterranean Eating plan. I wanted something to explain the plan easily & this book did.

[Download to continue reading...](#)

Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) The Oldways 4-Week Mediterranean Diet Menu Plan: Make Every Day Mediterranean 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading, Day Trading Strategies,Day Trading Books,Day Trading For Beginners,Day Trading Stocks,Options Book 1) The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight LossÃ (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living) The Low FODMAP Diet: 30-Recipe Cookbook and 14-Day Meal Plan For Overcoming IBS For Life (Managing Irritable Bowel Syndrome Cookbooks) (Volume 1) Greek Cuisine Cookbook: 50 Easy and Delicious Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes for Optimal Health Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day Alkaline Diet: The Best Alkaline Meal Plan to Reduce Body Acid The Hamptons Diet: Lose Weight Quickly and Safely with the Doctor's Delicious Meal Plans DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3)

[Dmca](#)